

SACWN

SACRAMENTO AREA CAREER
WOMEN'S NETWORK INC.

VOLUME 11, NO. 2

FEBRUARY, 1995

MELODY OF LOVE DANCE

*Meet her,
greet her,
ask her
to dance!*

*Hum to her
Sing to her!*



*Good music,
Good friends,
Great time!*

*With smiles
in our voices
and songs
in our hearts!*

Patty and Rita of Second Wind

There is a song in our hearts that we can't help but sing when we dance. Which song is your favorite? *Second Wind* will play the songs we love, from the old timers to the latest hits. Join SACWN for a celebration of the many melodies of love that we feel in our hearts.

Join us at the Melody of Love Valentine Dance.

DATE:	Saturday, February 11, 1995
PLACE:	Unitarian Universalist Society, 2425 Sierra Boulevard, Sacramento
TIME:	From 8 p.m.
TICKETS:	\$10 Subscribers, \$15 Non-subscribers and at Door

See order form on inside back cover of this newsletter. An event for women over 21 only.



FROM THE STEERING COMMITTEE

How wonderful to see so many of you at the JoAnn Loulan program in January. There were 385 of us there to enjoy her special perspective on life, love, romance and good health. JoAnn's appearance also helped the health of SACWN. While expenses for a production on the scale of our January event are high, (our costs were \$3578), the proceeds also can be high. After expenses, we made almost \$2000, about half of the deficit we were experiencing for the current year.

We know from the phone calls to the SACWN office that many of you encouraged your friends to attend this event. Thanks. By our estimates, we had 186 subscribers and 199 non-subscribers purchase tickets. Let's make subscribers out of the those 199 folks and keep SACWN growing. It is the subscriber fees that pay for the womanpower to plan the events, sell the tickets, maintain an office and create this newsletter. Building a large membership also helps in setting a low ticket price for events. The more people involved, the more people attend the programs.

SACWN STEERING COMMITTEE

Rosemary Mettrailer, Corporate Coordinator
(916) 447-7255

Jane Irwin, Finance Coordinator
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SACWN, Inc. newsletter is published monthly, ten times a year. No portion of this newsletter may be reproduced without written permission from SACWN, Inc. Letters to the Editor, articles and community announcements are welcome. Materials submitted may be edited and shortened based on available space. For more information, contact Sandy Virago at 451-8034.

The January success for SACWN is even more to your credit when we look at the struggle being felt by some of the other groups in our community. Involvement seems to be at a low point for many organizations. The Town Council has put their activities on hold until a new sweep of energy can revitalize interest. River City Democratic Club is undergoing major re-organization in their attempts to define a program that reflects their members needs. And certainly SACWN has evolved over the past ten years from a career/education focus to a more social and networking perspective.

Nationally and politically, we are facing times that could challenge the hard won "minimal protections and rights" we now enjoy. It would seem that now would be the time of high involvement for our community. But the opposite appears to be true.

Are we losing ground? Gay and lesbian studies are being reduced on college campuses, as are feminist theory classes. We seem to have traded the discussion of our rhetoric for sweet pulp novel mysteries. What do you think? Where are we going? Who is planning and shaping our future if we aren't? Let's start a dialogue. Letters to the editor welcomed.

Tell everyone in your life how much you appreciate their love. See you at the Valentine Dance!

SACWN ADVERTISING RATES

Type	Member	Non-Mem
Business Card	\$25	\$37
3 1/4 x 1 3/4		
Two-column ad	\$40	\$60
4 1/2 x 2 3/4		
Quarter page	\$50	\$75
3 1/2 x 4 1/2		
Half page	\$90	\$135
7 1/8 x 4 1/2		
or 3 1/2 x 9 1/2		
Full page	\$160	\$240
7 1/2 x 9 1/2		
Classified ads (per word)	.40	.60
Discounts	1 year 20%	
(pre-paid)	1/2 year 10%	



SPECIAL INTEREST GROUPS - FEBRUARY

Several of our "new-in-January" groups got off to a roaring start. And to please the fisherwomen in the audience, we have a new group testing the waters! Do you fly fish? Well if so, check out the our latest SIG and thanks to Beth for organizing it.



SINGLE CONNECTION

Join us at Ernesto's on Saturday, February 25th, 2 p.m. for a planning meeting and late lunch. Call **Debbie** at her new number, **209-334-0366**. Ernesto's Restaurant is located at 1901 16th Street in Sacramento.

TOP TEN

These "over fifty" women are up to something. Call **Lise** to find out what at **452-4948**.

HIKING

Did your hiking boots get wet? Well, dry them out and we'll head out in March to wind, wildflowers and wildlife! Saturday, March 18, join us on a trip to Point Reyes to spot the tule elk and other wild life! Call **Nancy** at **454-5847**.

RAINBOW CAMPERS

It's camping time (well, almost). Our official once a year planning meeting will be held on March 11th. In the meantime, it's definitely not too early to make camp reservations. If you have a special camp in mind, let us know ASAP. We can coordinate camp signups at our March meeting and still have time for no penalty cancellations at reserved sites. So dry out your gear and call **Casey Garrison** or **C.J.** at **366-7362**.

NEWCOMERS GROUP

We have a "welcome" brunch on the last Sunday of the month. Join us if you are new to the area, new to SACWN or just "new." All members and facilitators invited to attend. We'll be at Hamburger Mary's this month at 17th and J Streets. RSVP to **Angie** at **395-4147** for time.

GOLF

If the rain stops... Give **Judy** a call at **339-2201** to find out the details.

THE WALKING GROUP

Let's walk! **Reina** can be reached at **448-5412**.

POKER

We love poker. Want to join us for a game? Call **Kym** and **Jane** at **649-1182**.

COUPLES CONNECTION

Lots of coupling going on! Call **Leshia** and **Cinder** at **676-0641** for info.

CULTURE CLUB

Call **Ann** at **927-6038** to find out what these cultural women are doing!

MOMS AND KIDS

Interested in meeting with other mothers and mothers to be? Call **Terisa** at **753-0329**.

METAPHYSICAL GROUP

The new metaphysical group gathered for a spirited discussion and pot luck in January. WOW! What a great beginning! Mark your calendars for our next event on Saturday, February 18, 1995 at 3 p.m. Paige will speak to us and demonstrate the energy of *Reiki Healing*. Call **C.J.** at **366-7362** for info and directions.

WILDLIFE, BIRDWATCHING AND PHOTOGRAPHY HIKES

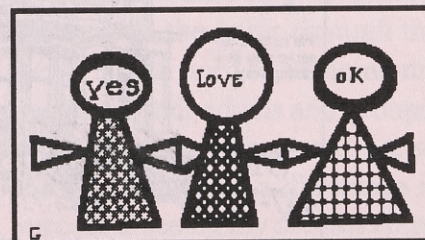
First we'll meet on February 11 at 11:00 a.m. to plan for March and then on Sunday the 12th, we'll go to Monticello Dam to view osprey. Call **Linda** at **921-9052** for more details.

FLY FISHERWOMEN

A weekend trip is planned for March or April to Lake Davis for the DANFELFLY hatch. For information call **Beth** at **455-0904**.

LESBIAN OWNED

We are women business owners, managers and wantabe business owners. We will meet for support, exchange of information and ideas on Saturday, February 11, at 1 p.m. at 3031 F Street, Suite 201. Call **Sandy** at **451-8034** to confirm. (See article about our group on page 8.)





SACWN CALENDAR FOR 1995

Saturday, February 11

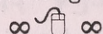
Melody of Love Valentine Dance

SACWN will present the annual Valentine Dance on February 11, 1995 at the Unitarian Universalist Society, 2425 Sierra Boulevard in Sacramento. *Second Wind* will play the melodies of love for you to sway, spin and swirl to. The Sacramento Women's Chorus will provide a no host bar for the evening. As usual, it is expected that much fun will be had at the Single Connection's reserved tables. **(Half price tickets are available to six SACWNites who will come early to decorate or stay late to clean-up. Call the office at 451-8034 to request.)**

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IN THE COMMUNITY

February 2, 9, 16 & 23 - Lesbian Support Group in Auburn meets every Thursday at the Dewitt Center, 11512 B Avenue, Ponderosa Room. Call 632-7080 for voice mail.

February 10, 11, 17, 18, 24 & 25:

Lambda Players present "*Baby with the Bathwater*" by Christopher Durang at the 24th Street Studio. Hysteria is the tie that binds this dysfunctional little family together. Momma, Poppa, Baby and Nanny promise to offer a night at the theater you won't ever forget! Call 442-7752 for information.

Friday, February 24 - Wine, Cheese and Theater. qHS prn, the new group for gay and lesbian health care professionals goes to the theater. For more information and a copy of their newsletter, call 446-4582.

Saturday, February 25 - Midtown Mardi Gras: A Masquerade Ball. Sponsored by the Gay and Lesbian Journey. 8 p.m. to midnight. St. Francis Social Hall, 26th & K Streets (inside courtyard). Music by Second Wind. Door prizes and costume contest. \$10 in advance, \$15 at door. Tickets available at St. Francis Friary, 1112 26th St. or The Gifted Gardener, 2122 J Street. For more information, call Michael Mary Addison at 451-7327.

June 1 to August 31, 1995 California AIDS Walk. A walk of education and action is being planned. Sponsors are also requested. For more information on walking (any section or the entire walk) or to assist with donations, support or organization, contact the California AIDS Walk at 916/535-5067.



SUCCESSFUL SACWNITE

Julia Richardson was born in Long Beach, California and as a child lived in Japan, Hawaii, San Francisco and San Diego. Her mother was a concert pianist and played for KGO radio and for the silent movies. Her dad was in the military which accounted for the many moves the family made.

"As a child, I loved roller skating. I won second place in the International Championships in Japan when I was only eight. I continued to compete until I was fifteen." That was about the time, she fell in love with her best girl friend in high school. "I always knew I was a lesbian, but most everyone presumes I'm straight."

Julia went to a community college in Palo Alto and then received a scholarship to UCLA's Film and Television School, and graduated with honors. She worked for a year on a Masters Degree in Fine Arts while working for Fine Jewelry Stores as a jewelry designer. During her college years she also designed and made custom jewelry in her home studio, selling to private clients and shops in Big Sur.

She went to work for KABC TV, Channel 7 in LA working as a camera person on the General Hospital Show, Rona Barret and Editorials. She began free-lancing in Hollywood and took a "camera job" on a made for TV movie starring Suzanne Pleshette. That job was followed by a stint as an Announcer and doing commercials for an Anaheim radio station.

When Julia relocated to Sacramento, she continued to narrate commercials for radio and television. She has worked as a "movie extra" and in industrial films, one currently being distributed in Canada. She appears in "Play It Again, Sam" a spot for a sporting goods store which has aired locally for the past year. She recently made an interactive video that will sell to "stationary bikers" and health clubs. In the video, she plays a jogger who takes the



viewer along on a trip through San Francisco's Marina area and across the Golden Gate Bridge. There are plans for "Trek Two" to be attached to treadmill equipment and distributed nationally.

"To supplement the film and commercial work, I have worked for the past six years in Makeup Artistry. I approach the face as a canvas and my work as art. I have worked for Chanel, Christian Dior, Ultima, Lancone and Borghese as well as an independent makeup artist for film and television. Most recently, I worked on 'Spring Awakening' which was shot on the delta and aired on TV in November."

"As a volunteer with the American Cancer Society, I teach cancer survivors how to use makeup to minimize and cover scars and irregularities. It is so rewarding to see the transformation when one's appearance can be improved. People relax and seem to change their attitude as they get a different view of themselves."

Success to Julia is "the ability to balance being creative and supporting my relationships with close friends and loved ones. I need my friends, to spend time with my cats, and to contribute something meaningful to others. I do the latter through the Paramedical Makeup. I also need to be doing my art. I do photography for individuals and groups. I crave knowledge of new techniques and get so excited when I know I have made a difference in someone's life. Success is seeing my dreams come alive!"

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TRAVELING TIPS .. BY FAITH

I just recently returned from a magnificent three week "holiday" in New Zealand. Four of us rented an RV and set off to experience as many adventures as our time would allow. We backpacked, sea-kayaked, rode horses and 4 wheel ATVs, white water rafted, went on sight-seeing excursions, shopped to our hearts' and wallets' content and more. Sounds like a lot, but by taking the time to prepare we actually were able to do all those things and still feel rested at the end of the trip. Here are a few tips I've found to take some of the kinks out of the works and allow you the time to enjoy more of the scenery and the wonderful company.

1. Set an itinerary. If you are buying a company package this will already be done for you, but in our case we had to set our own. Personally I found the latter to be much more enjoyable. At first, we set up dinners and invited friends that had traveled to NZ to share their experiences. This not only allowed them the opportunity to relive wonderful memories, but it also gave us a glimpse of what things to include and exclude from our trip and some of the publications available about the country. The four of us travelers then met on a regular basis and discussed what we had read and what places sounded exciting. Our itinerary was set but flexible. Many times during the trip it was reviewed, revised and renewed.

2. Money Exchange. It is much easier to already have some foreign currency in your pocket than to have to hunt down an exchange counter or office. If the plane flight is long or you arrive in the evening or on a weekend it will be one less thing to worry about as you become acclimated to your surround-

(Continued on Next Page)

SACWN INC.

ings. Many U. S. Banks will order currency for you if you give them sufficient notice. Some traveler cheque companies have booklets of international offices which often give better rates than airports or other exchange facilities.

3. Traveling with friends. The phone rings and you hear an excited voice, "the photos are back from the printers. Let's get together for dinner." Excitedly you pour over each other's snapshots, putting sticky tabs on the ones you want copied, laughing and reminiscing over the shared adventures. What great memories. Perhaps you are concerned about putting your friendship at risk. If you have sufficient doubts it is probably better to choose another alternative, but it can be an equally rewarding experience creating strong bonds. Minimize potential problems by first talking through your concerns before the trip, don't assume that everything will work out fine. Take a close look at personality differences: Are some well organized while others prefer to be spontaneous, who are the leaders and followers, how will you split the costs, are some early birds and others night owls, how will you divide the responsibilities, and what about habits? If frustrations arise during the trip, deal with them right away, otherwise precious time can be lost in the enjoyment of everyone's vacation. Most of all make sure to apportion sufficient quality time alone with your sweetheart. After all, they are the best part of the "holiday." Bon Voyage!



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SACWN Says...

A Former Member Needs Help... Sheila Hager, a former SACWN member, was diagnosed with an inoperable brain tumor about six years ago. She moved to Modesto to be near her parents who could help with her care. There she met and fell in love with her next door neighbor, Linda Smith! They are now in a loving, committed relationship. Sheila has two sons and a vibrant love of life, full of caring and humor. Sheila recently found out she has four brain tumors which have doubled in size and has been given three months to one year to live. She has utilized all available medical treatments recommended by her doctor. There is a substance available, cartilage, made from shark cartilage, that has been found to be effective in other countries in shrinking tumors. The Federal Drug Administration has not given final approval for this yet so it is not covered by health insurance. The cost is prohibitive at \$800 per month for five months. If you would like to help Sheila in her struggle for life, please send checks made out to Nadine Hager, Sheila's aunt to: Sheila Hager, 1109 Raymond Drive, Modesto, CA 95351.

A Way to Make a Difference... There is a four year research study being conducted at the University of Davis, funded by the National Institute of Mental Health, that is investigating how lesbians cope successfully with the problems and challenges of living in the 1990's. They need input. They will guarantee confidentiality. The survey takes only ten minutes to complete. It is so important. Given the mood in Congress, there may be very little opportunity for this type of research in the near future. Please call them at 1-800-823-7883.



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A look at the Lesbian Owned SIG.... A new SACWN Special Interest Group began last month. The "Lesbian Owned SIG" is for SACWN members who own, manage or want to own their own business. Four women met for the first meeting, two who currently own businesses, and two who are of dreaming of starting their own companies. After introductions, we agreed that we wanted the SIG to be a place to find support (especially when you work alone much of the time), contacts (if I need to refer, I want to refer to a lesbian whenever possible), education (there is so much more I need to know) and expertise (just talking to each other gave me ideas).

We would very much like other women to join us. If you can't come to once-a-month meetings, but you would come and share you knowledge occasionally (we need mentors), call the SACWN office and let us know. There are so many topics that we'd like to explore. We plan in future meetings to discuss: developing a business plan; having the guts to "do it"; how to get started; getting paid what we are worth; how to plan for acceptance in the community (especially if your business is lesbian identified); dealing with stereotypes; keeping the support of your significant other and friends during 80 hour work weeks; how to do without the "good" paycheck we were used to; and all those business issues (I just want to do my art, but I have to do bookkeeping, too). Our next meeting will be held on Saturday, February 11 at 1:00 p.m. at 3031 F Street, Suite 201. We'd love to meet you!

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CATEGORIES	RATES
Regular Subscriber	\$36/year
Two-in-One Household	\$60/year
Limited Income Subscriber* (Student/Senior/Disabled)	\$24/year
Sustaining Subscriber**	\$48/year

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Name(1) _____ Name(2) _____

Address _____
City _____ State _____ Zip _____
Phone(H) _____ (H) _____
Phone(W) _____ (W) _____
Career Interests
(1) _____
(2) _____

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend. A \$10 fee will be charged on returned checks.

WAIVER - I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

Signature _____ Date _____

Signature _____ Date _____

*LIMITED INCOME - We consider a person living on a limited income to be anyone who is having a difficult time paying for basic necessities - food, utilities and rent - and who rarely considers entertainment as part of her budget.

* SENIORS - Age 65+ on Limited Income; STUDENTS - Students 21+ on Limited Income; DISABLED - Disabled Citizens on Limited Income.

**SUSTAINING - Contributing a little extra to help supplement others (Seniors, Students, Disabled) on limited income.

MELODY OF LOVE VALENTINE DANCE

Mail in Ticket Form

Saturday, February 11, 1995
FROM 8:00 P.M.

Unitarian Universalist Society
2425 Sierra Boulevard
Sacramento

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

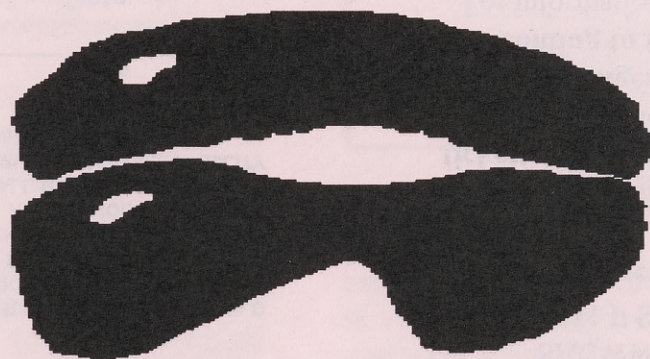
	Per Person Price	# Tickets
Subscribers:	\$10	_____
Non-subscribers:	\$15	_____
Limited Income:	\$10	_____

All tickets at the door will be \$15.
Mail check, payable to SACWN, with **self addressed stamped envelope** to:

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**If no envelope is included,
ticket(s) will be held at the door.**
Tickets may be picked up at the office
by **pre-arrangement**. Please call
before coming to the office for tickets.
For information, call 451-8034.

This event is for women over 21 only.



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